

Taking the conflict out of the argument

All arguments have an element of conflict. Managing the level of conflict is essential to keeping an argument healthy and under control.



Phase 1

Ask yourself:

Sparking the

argument

How did the argument start?

Was it fanned by small actions, such as:

- using an aggressive or confrontational tone of voice?
- feeling tired or stressed?
- not listening to each other?
- bringing up past issues?



Phase 2

Extending the

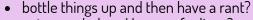
argument

Ask yourself:

How do you act during an argument?

Do you:





- get overwhelmed by your feelings?
- sulk or give the silent treatment?
- keep baiting and going at your partner?

These actions tend to fan the conflict.

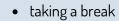


Phase 3

What you can do:

By taking a few actions you can step back and reduce the conflict.

During an argument you can try:



- listening to your partner
- saying sorry
- offering affection

Stepping backwards

Phase 4

What you can do:

Stay focused on the positives.

Moving forwards

Think about:

- what brought you together in the first place?
- what keeps you together now?
- what good times have you had together?

keep these in your mind and focus on them rather than the argument.

In partnership with

